

FOR IMMEDIATE RELEASE

For More Information Contact:

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(October 5, 2009)

District 196 Community Education Classes Just For You!

Hundreds of wonderful learning choices for all ages ... for more information call 651-423-7920 or visit www.district196.org/ce.

Calendar: October 8-November 10, 2009

October 8

Hottie Hip Hop Hip Hop is a dance-based fitness class that will tone and tighten your entire body. 5:30-6:30 p.m. Thu. Oct 8-Nov 12. \$59. Bodyblast Studio, 2020 Silver Bell Road #26, Eagan. Register online at www.district196.org/ce or call 651-423-7920.

Writing Your Own Will Learn about estates and wills and actually prepare a legal will in class. 6:30-9 p.m. Thu. Oct 8. \$49. Scott Highlands Middle, 14011 Pilot Knob Rd., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

How to Win (Yes, Win) College Scholarships! With the cost of some four-year college education exceeding \$100,000, scholarships are more attractive than ever. 7-8:30 p.m. Thu. Oct 8. \$29. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

October 10

Pottery Projects (ages 6+) Capture your imagination making pottery and sculptured designs. 10-11:30 a.m. Sat. Oct 11. \$35. Westview Elementary, 225 Garden View Dr., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

Family Safari (children birth-5 years and grand/parents) Sing, dance and play an instrument in this class designed for families with more than one child. 11-11:45 a.m. Sat. Oct. 10. \$14; \$7 add'l child. Other times available. Apple Valley Community Center, 14601 Hayes Rd. Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

River Valley Project Explore Bowl-A-Thon Form your team of six and support adults with disabilities programming. Noon to 3 p.m. Sat. Oct 10. \$10 ea. Includes shoes, ball and soda. Call 651-454-8597 or email barbaraj60@yahoo.com.

October 12

Microsoft Excel: Formatting Spreadsheets (Excel 2003) Transform your spreadsheets to look more professional. 1-3 p.m. Mon. Oct 12. \$39. District Service Center, 14445

Diamond Path, Rosemount. Register online at www.district196.org/ce or call 651-423-7920.

Home Alone (parents and children ages 7-11) Learn telephone rules, safe use of keys, household safety checks, constructive use of time, healthy snacks and home-alone feelings. 7-8:30 p.m. Mon. Oct. 12. \$19 adult-child pair. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

October 13

Marketing and Advertising Your Business Your product or service is only as valuable as customers see it. 6:30-8:30 p.m. Tue. Oct 13. \$29. Scott Highlands Middle, 14011 Pilot Knob Rd., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

October 16

Explore the Cosmos (families with children ages 5+) The magnificence of Jupiter returns to the night sky in fall and becomes more prominent as winter approaches. 7-8:30 p.m. Fri. Oct 16. \$20 family. Longridge Park in Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

October 19

Microsoft Word: Mail Merge (Letters, Labels and More) Develop skills using Word to manage mailing tasks; form letters, envelopes and labels. 10-12 p.m. Mon. Oct 19. \$39. District Service Center, 14445 Diamond Path, Rosemount. Register online at www.district196.org/ce or call 651-423-7920.

Military Service Women of Valor Hear true stories about their service career. Sponsored by Apple Valley American Legion Post 1776 and District 196 Community Education. 7 p.m. Mon. Oct 19. Free Admission. Apple Valley American Legion Post 1776, 14521 Granada Dr., Apple Valley.

October 20

Adult High School Diploma Orientation Were you a few credits short of receiving your High School Diploma? Finish now in Mon-Thu morning classes. Call 952-431-8316 to attend the orientation, 6-8 p.m. Tue. Oct 20. at Grace ABE Site, 7800 W. County. Rd. 42, Apple Valley. \$20 materials fee and \$25 refundable book deposit.

Legal Aspects and Financial Management Discover how to finance your idea. 6:30-8:30 p.m. Tue. Oct 20. \$29. Scott Highlands Middle, 14011 Pilot Knob Rd., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

Move Better, Feel Better: The Alexander Technique Discover how to reduce unnecessary body tension while learning to move your body with greater ease, balance and coordination. 7-8:30 p.m. Tue. Oct 20 & 27. \$29. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

Tap and Pirouettes for Adults: Beginners Dust off your old dancin' shoes and join Carol to stretch, tap and tone! 7:15-8:15 p.m. Tue. Oct 20-Jan 19. \$85. Dakota Hills Middle, 4183 Braddock Trail, Eagan. Register online at www.district196.org/ce or call 651-423-7920.

October 21

Bats and Broomstick Stew Art (ages 2-5) Create a spooky collage and sculpt model magic ghosts, bats and pumpkins. 9:30-11 a.m. Wed. Oct 21. \$22 child-adult pair; \$19 add'l child. Apple Valley Community Center, 14601 Hayes Rd. Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

Why Can't I Find a Job? (New Strategies for Job-Seeking Success) What works and what doesn't in searching for a job in this current job market? 7-9 p.m. Wed. Oct 21. \$19. Black Hawk Middle, 1540 Deerwood Dr., Eagan. Register online at www.district196.org/ce or call 651-423-7920.

October 22

Get That Job Offer (Interview Strategies That Work) Gain confidence, sharpen your interviewing skills and nail that next job interview with the help of this interactive workshop. 7-9 p.m. Thu. Oct 22. \$19. Black Hawk Middle, 1540 Deerwood Dr., Eagan. Register online at www.district196.org/ce or call 651-423-7920.

October 23

Swing and Social Ballroom Dancing: Level 2 (Continuing Students) Continue to learn to dance with Dean and Deanna Constantine. 8-9:30 p.m. Fri. Oct 23-Nov 13. \$49. Southview Elementary, 1025 Whitney Dr., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

October 26

Finding It on the Internet Searching for the "on ramp" for the Information Superhighway? 6:30-8:30 p.m. Mon. Oct 26. \$39. Rosemount Middle, 3135-143rd St. W., Rosemount. Register online at www.district196.org/ce or call 651-423-7920.

October 27

Traditional French Cuisine Experience exquisite French classics. 6-9:30 p.m. Tue. Oct 27. \$39. Dakota Hills Middle, 4183 Braddock Trail, Eagan. Register online at www.district196.org/ce or call 651-423-7920.

Developing Your Business Plan A comprehensive business plan is crucial for business success. 6:30-8:30 p.m. Tue. Oct 27. \$29. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

How to Get into College and Pay for It Without Going Broke College costs are escalating rapidly. Learn about the financial aid process. 6:30-8:30 p.m. Tue. Oct 27. \$15. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

November 2

Email Basics Learn how to compose, reply, forward, send and receive messages. 6:30-8:30 p.m. Mon. Nov 2. \$39. Rosemount Middle, 3135-143rd St. W., Rosemount. Register online at www.district196.org/ce or call 651-423-7920.

November 4

Learn Basic Math Facts the Easy Way! (parents and children grades 2-5) Listen carefully and you will learn all the memory tricks that will make adding, subtracting and multiplying easy. 6:30-8 p.m. Wed & Thu. Nov. 4 & 5. \$39 adult-child pair; \$28 add'l child. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

November 5

Knitting from Start to Finish (All Skill Levels Welcome) Learn to knit or enhance your skills to create exciting, unique, modern accessories - wacky hats, wild scarves or way-out ponchos. 6:30-8:30 p.m. Thu. Nov 5 & 12. \$29. The Yarn Garage, 2980 145th St. W., Rosemount. Register online at www.district196.org/ce or call 651-423-7920.

Soy Candle Making (Go Green) Soy candles are made from soybeans, a renewable resource. 7-9 p.m. Thu. Nov 5. \$25. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register online at www.district196.org/ce or call 651-423-7920.

November 7

Twined Rag Rug Weaving (Go Green) Build your own loom and discover the fine art of twined rag rug weaving ... a great way to recycle old clothing or extra fabric. 9 a.m.-12:30 p.m. Sat. Nov 7. \$79. Black Hawk Middle, 1540 Deerwood Dr., Eagan. Register online at www.district196.org/ce or call 651-423-7920.

Free Parenting Conference Hear keynote speaker, William J. Doherty. Ph.D. Also, choose two breakout workshops from at least 20 specific topics including discipline, communication, health, fitness and academics, to name a few. 8 a.m.-12:30 p.m. Sat. Nov 7. Child care available. Reserve your spot at www.district196.org/ce or call 651-423-7920.

November 10

Greeting Card Workshop Learn to stamp, embellish and emboss beautiful hand-made greeting cards for all occasions. 7-9:30 p.m. Tue. Nov 10. \$25. Rosemount Middle, 3135-143rd St. W., Rosemount. Register online at www.district196.org/ce or call 651-423-7920.

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District 196 Community Education provides quality lifelong learning opportunities for more than 60,000 participants of all ages. District 196 serves more than 27,000 students in grades K-12 and includes all or part of Rosemount, Apple Valley, Eagan, Burnsville, Coates, Inver Grove Heights, Lakeville and Empire and Vermillion townships. For more information, visit www.district196.org/ce.